

WHAT IS CLAIMED IS:

1. A treadmill for performing physical exercise having simplified actuation means, comprising, on a supporting frame, a belt that winds continuously around a main roller and a free roller, actuation means being further provided for varying inclination of said supporting frame, said actuation means being driven by the motion of said belt produced by energy supplied by the user.
2. The treadmill according to claim 1, wherein said supporting frame is pivoted to a base frame at one of ends thereof.
3. The treadmill according to claim 1, wherein said supporting frame has a low-friction surface at an upper portion of said belt.
4. The treadmill according to claim 3, wherein said low-friction surface is constituted by a plurality of rollers supported so that they can rotate freely on shafts connected to said supporting frame.
5. The treadmill according to claim 4, wherein said rollers are substantially staggered.
6. The treadmill according to claim 3, wherein said low-friction surface is constituted by a plurality of long rollers arranged side by side.
7. The treadmill according to claim 1, further comprising, at said main roller, flywheels that are keyed to a rotation shaft of said main roller.
8. The treadmill according to claim 7, wherein said means for varying the inclination of the frame comprise motor means that are actuated by the sliding of said belt.
9. The treadmill according to claim 8, wherein said motor means comprise a hydraulic pump that is connected, by means of a belt, to a pulley-like portion that is formed on one of said flywheels, said belt winding around a driven pulley that is keyed to the shaft of said pump.
10. The treadmill according to claim 9, further comprising hydraulic cylinders that are connected to said pump with a distribution unit

interposed, said hydraulic cylinders being pivoted to said supporting frame so that they can oscillate about an axis that is substantially parallel to the axis of said main roller, the pistons of said cylinders being pivoted to said base frame.

5 11. The treadmill according to claim 10, wherein said distribution unit is adapted to adjust the flow of oil delivered by said pump in order to route it toward the discharge during normal use and to send it to said lifting cylinders in order to vary the inclination.

10 12. The treadmill according to claim 8, comprising, between said driven pulley and said pump, a clutch for disconnecting said pump from said belt.

13. The treadmill according to claim 10, comprising removable pins for connecting said pistons to said base frame in order to fold said treadmill.